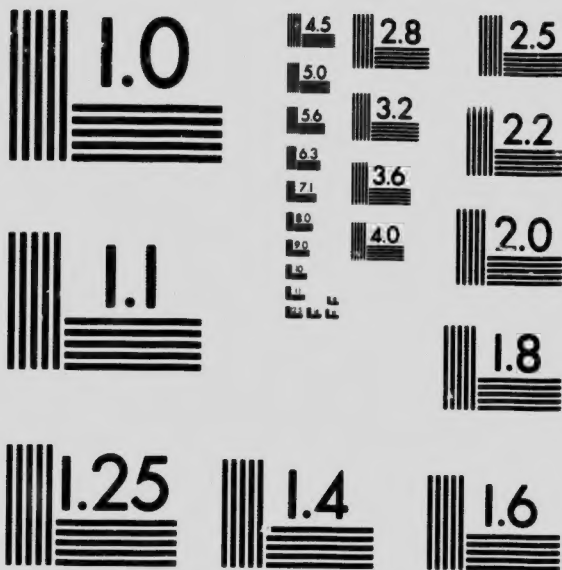




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Ⓞ come,
Let us adore Him !

A Short Manual of Instructions
for those assisting

at

The Eucharistic Sacrifice

by

Frederick George Scott, M. A., D. C. L.

Rector of St. Matthew's Church, Quebec

Canon of Quebec Cathedral

ST. MATTHEW'S CHURCH

Not to be  taken away.

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☉ come, let us adore Him !

INTRODUCTION

Our Church presupposes the presence at the Eucharist of those who do not communicate.

She authorizes no pause in the Service to allow anyone to retire. One cannot but feel then, that those who leave before Christ vouchsafes His Sacramental Presence and before the Holy Sacrifice is offered, lose a great privilege and blessing, even though they may have communicated at an earlier service in the same day.

This little manual has been drawn up in the hope of leading more people to realize the privilege of assisting at the Holy Eucharist, and to help them to make such service more and more a profit and a delight.

F. G. S.

NOTE TO SECOND EDITION

The kind reception given to this 'ittle book, and the many assurances that it is meeting a deep-felt need, have encouraged me to bring out a second edition.

One longs for the day when all our people will

The Precepts of the Church

Our Mother Church, that God may have due praise,
These precepts on her faithful children lays

I

On Sundays and chief Holy Days assist
In offering up the Holy Eucharist.

II

In order to keep down the power of sense,
Observe the days of fast and abstinence.

III

When sin's dark burden weighs upon thy mind,
In Absolution, pardon seek and find.

IV

At Easter to God's Altar draw thou near,
Communicate at least three times a year

V

As God hath blessed thee, give thou of thy store,
Support God's Church and aid the suffering poor.

VI

Let Holy Marriage ne'er be solemnized
Between those near of kin or unbaptized.

O Jesu, give me grace and power, I pray,
Thy Church's laws devoutly to obey — AMEN.

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find, in frequent communion and Eucharistic adoration, the spiritual life and the spiritual worship which the heart of man is now so blindly groping after.

When all our people, as the first Christians did, make weekly communion their rule of life, and the Holy Eucharist is made everywhere the chief Sunday Service, a glorious enthusiasm, like that of the first ages, will sweep over the Church, and, in the power of the living Jesus, she will go forth, both in our own land and among the heathen, conquering and to conquer.

It is the exaltation of Christ in the Eucharist which will draw us all closer together, and bring outsiders into the fold. And when we look at the faith from the standpoint of the Eucharist, all the parts of the Church's system over which men now so foolishly wrangle, are seen to blend in a glorious harmony.

"I, if I be lifted up from the earth", said our Lord, "will draw all men unto me."

This was true of the lifting up in the Sacrifice of Calvary, and it is equally true of the lifting up in the great memorial Sacrifice of the Altar.

F. G. S.

EXHORTATION TO THE DEVOUT SOUL

O SOUL, thou art about to engage in the most glorious mystery and the most wonderful Sacrifice of the Holy Eucharist. In it, Christ stoops down from His throne on high into our very midst, and we, on our side, are caught up into the worship of Heaven.

Like Moses on Sinai, thou art invited to draw near to the burning bush, in the midst of which is a special manifestation of God's Presence. "Moses hid his face, for he was afraid to look upon God." Do thou bow down in adoration when the wonderful words are said "THIS IS MY BODY", "THIS IS MY BLOOD". Like the shepherds at Bethlehem, thou art called to the vision of the manger-crib, wherein lies the King of the Universe. Kneel humbly before Him and offer thyself to be "a reasonable, holy, and lively Sacrifice" unto Him.

Like Peter and James and John, thou art called up into the Mount of Transfiguration. With the eyes of faith, thou art to see the Lord in His glory.

This earthly Church is to be transfigured before thee. It is to be part of Heaven itself, for the King of Heaven draweth nigh. Say with the Apostles: "Master, it is good for us to be here",

and then go back to the world again, with its cares and work and temptations, strengthened by the knowledge that thou hast been with Jesus.

There are just two things, O Devout Soul, that thou must remember:—

First, thou art here to-day because Jesus is coming. Under the outward forms of bread and wine, the Saviour will be wholly present in His Glorified Humanity and His Supreme Deity. How this can be, thou needest not inquire, thou canst not understand. For three centuries before the Church had decided what books form the New Testament, she had believed in the Real Presence of Christ in the Blessed Sacrament and had adored Him in it.

O Soul, do thou adore Him too. Art thou perplexed at this mystery? Dost thou wonder that One so high can veil Himself under such lowly forms? And yet, is not this heavenly mystery, O Soul, like unto those earthly ones which science reveals to us? The great force of electricity is brought to man's needs by simple means. We believe in and make use of, although we cannot understand them, the great pulsations of ether, whereby we can send our thoughts on the clouds of heaven across the bosom of the wide ocean.

O Soul, thou needest not doubt nor question how. After the prayer of consecration, Christ will be as really present on the Altar, as He was long ago by the Lake of Galilee, at the marriage of Cana, or in the crib at Bethlehem. Thou art here to greet Him when He comes.

How can this be? A Calvary

Secondly, remember that thou art present at a Sacrifice. The Eucharist is both a feast and a Sacrifice. In the separate consecration of the Body and the Blood of Christ, a Memorial of Christ's death is made by the priest. We call to remembrance before God the Father, the outpoured Blood of His Son on Calvary. We thus offer to the Father by this act a memorial of the one supreme Sacrifice of the Cross which our great High Priest Himself pleads continually before the Father in Heaven. O Soul, if thou hast sinned, thou canst now set the Lamb of God between thee and Eternal Justice. O Soul, if thou hast a request to make, for thyself, or for some one thou lovest, now is the time to make it, while we here unite in the commemoration of Calvary. Bring thine intercessions to Jesus, that He Himself may present them to The Father.

Join then, O Soul, in offering up, with the priest, this adorable Sacrifice.

Fear not to pour out your love at this time. Come to Jesus with the simplicity of a little child. Lay bare your heart before Him, and tell Him all your needs.

Then keep your thoughts fixed upon the Presence that is supernaturally vouchsafed at the words of Consecration. O Soul, if thou wilt but come in this spirit, this service will be to thee a foretaste of the joys of Heaven.

DURING THE SERVICE

It is well to come to the service with some special intention.

While the Celebrant makes his private preparation, say this prayer:

O Almighty God, grant, I beseech Thee, that I may be cleansed from all my sins and made worthy to join in offering up this Holy Sacrifice to Thine honour and glory. Make me attentive and devout. Keep me from all wandering thoughts. By

the merits of our Saviour's Atoning Death, which we are now about to show forth to Thee, grant that I may obtain the answer of my prayers, especially....., accept my thanksgivings, especially..... and fill my heart with heavenly love and adoration. Amen.

AT THE COMMANDMENTS

EXAMINE your conscience in the sight of God, and pray for forgiveness.

“Lord have mercy upon us and incline our hearts to keep this law.”

AT THE EPISTLE AND GOSPEL

LISTEN attentively to what is read. The portions of Scripture, which are read at this time, were almost all selected in very early times. Each Sunday brings to you some lesson. Think of it and practise it during the following week.

AT THE CREED

JOIN reverently in the Creed. It is not merely a statement of belief ; it is a glorious hymn of praise. As we recite it, the great drama of Creation is unveiled before us. We think of the far away ages when the Three Persons of the Blessed Trinity reigned in an exalted home life in the great temple of space. Then we behold the making of the world, and humble ourselves as we utter the awful truth of the Incarnation of God the Son—
AND WAS INCARNATE BY THE HOLY GHOST OF THE VIRGIN MARY, AND WAS MADE MAN. Before our minds pass the great events of His life until we see Him ascend into glory.

Then we lift our hearts to the Holy Ghost, the loving Spirit, Who does so much for us and abides in His Church, and comes to us in Baptism, and will guide us beyond death to our resurrection and the life of the world to come. If the Creed is sung, it will be easier for us to dwell upon these separate thoughts and to enter into the glorious pictures which cross the mind's eye in this great act of worship.

AT THE OFFERTORY

OFFER thyself anew to God's service while the bread and wine are here set apart by the Priest for their sublime destiny.

O God, we offer these earthly gifts to be used to Thy glory as channels of Divine Grace. Behold, I give myself to Thee to spend and be spent in Thy Service. Amen.

AT THE PRAYER FOR THE CHURCH MILITANT

JOIN devoutly in this great act of intercession, and privately bring before God the names of those for whom you desire to pray.

AT THE CONFESSION AND ABSOLUTION

SAY the Confession humbly. Mean what you say. Fill up the outer statements with a secret confession of your special sins.

Then, at the Absolution, bow your head, and, in the authoritative declaration made by the Priest

of God's forgiveness, apply Christ's pardon to your soul.

AT THE SURSUM CORDA

"LIFT up your hearts." When you hear these words spoken, know that the holiest part of the service is to begin. It is just as if a door were being opened in Heaven. Through the open door, in a flood of spiritual light, bursts the angelic hymn.

THE SANCTUS

HOLY, HOLY, HOLY, Lord God of Hosts, Heaven and Earth are full of Thy Glory : glory be to Thee, O Lord, most High. Amen.

Now is the very centre of the Act of worship. "Behold Thy King cometh." The rays of Light from the Sun of Righteousness are about to fall upon our earthly needs.

Let all mortal flesh keep silence,
And with fear and trembling stand,
Ponder nothing earthly minded,
For with blessings in His hand,
Christ our God to earth descendeth,
Our full homage to demand.

King of Kings, yet born of Mary,
As of old on earth He stood,
Lord of Lords in human vesture—
In the Body and the Blood—
He will give * all the faithful
His own Self for Heavenly Food.

Rank on rank the host of Heaven
Spreads its vanguard in the way,
As the Light of light descendeth
From the realms of endless day,
That the powers of hell may vanish
As the darkness clears away.

At His feet the six-winged Seraph ;
Cherubim with sleepless eye,
Veil their faces to the Presence,
As with ceaseless voice they cry
Alleluia, Alleluia, Alleluia, Lord most High *

Now, in the words with which the children of old greeted Christ's triumphal entry into Jerusalem, say "Blessed is He that cometh in the name of the Lord : Hosanna in the highest."

Then say privately this ancient prayer :

Most merciful God, look graciously upon these gifts, now lying before Thee, and send down Thy Holy Spirit upon this Sacrifice : that He may make this Bread the Body of Thy Christ and this Cup the Blood of Thy Christ. Amen.

**Translated from the Liturgy of St. James by
G. Moultrie.*

Then follows the

Prayer of Consecration

Bow your head in lowly worship as the Priest breaks the Bread and says the words "**This is My Body**", and when he takes the Cup into his hand and says "**This is My Blood.**"

At the conclusion of the prayer be sure to join audibly in the Amen. This is very important, for all Christians are, in a sense, priests, and so join in the offering of the Sacrifice.

ACT OF OBLATION

O Heavenly Father, we beseech Thee to accept this **Precious Holy Sacrifice**, at the hands of Thy Priest. Look upon the Face of Thy dear Son. Behold the Sacred Body once broken, and the Sacred Blood, once outpoured, for us upon Calvary. Under the Shadow of the Cross we hide ourselves. Trusting alone in Thy great love, we offer unto Thee now, O Father, this meritorious

memorial of Thy dear Son's death, in obedience to His dying command, beseeching Thee through this Sacrifice to forgive us our offences... to hear our prayers... and to make us Thine for evermore.

Amen.

THE AGNUS DEI

O Lamb of God, that takest away the sins of the world, have mercy on us.

O Lamb of God, that takest away the sins of the world, have mercy on us.

O Lamb of God, that takest away the sins of the world, grant us Thy peace.

Here you may make the following acts of Adoration, Communion and Intercession.

ACT OF ADORATION

I adore Thee, O Lord, Whom I now behold veiled beneath these earthly forms. Prostrate I adore Thy Divine Majesty, and because, sinful and unworthy that I am, I cannot honour Thee as I

ought, I unite myself with Thy Saints and Angels
in their more perfect adoration. Hail, living Bread
that comest down from Heaven to give life to the
world! Hail, most Holy Blood of Jesus shed for
sinners! Hail, Heavenly King, I adore and wor-
ship Thee. Grant that I may see Thee hereafter
face to face where no clouds can intervene. Amen.

We hail Thee now, O JESU,
Upon Thine Altar-throne,
Though sight and touch have failed us,
And faith perceives alone ;
Thy love has veiled Thy Godhead,
And hid Thy power divine,
In mercy to our weakness,
Beneath an earthly sign.

We hail Thee now, O JESU.
In silence hast Thou come,
For all the Hosts of Heaven
With wonderment are dumb—
So great the condescension,
So marvellous the love,
Which for our sakes, O Saviour,
Have drawn Thee from above.

We hail Thee now, O JESU,
For law and type have ceased,
And Thou in each Communion
Art Sacrifice and Priest ;
We offer to the FATHER,
In union, Lord, with Thee,
Thy precious Blood and Body
To cleanse and set us free.

We hail Thee now, O Jesu,
For death is drawing near,
And in Thy presence only
Its terrors disappear ;
Dwell with us, sweetest Saviour,
And guide us through the night,
Till shadows end in glory,
And faith be lost in sight.

ACT OF SPIRITUAL COMMUNION

O Lord Jesus Christ, though I may not now receive this Sacrament, I beseech Thee to enter spiritually into my soul. Cleanse me from my sins and imperfections....., give me the graces I so much need....., and fill me with Thy Heavenly Benediction. Amen.

LORD, I am not worthy that Thou shouldest come under my roof, but speak the word only and my soul shall be healed. (Thrice)

O LORD Jesus Christ, Son of the Living God, Who by the will of the Father, and the co-operation of the Holy Ghost, hast given life unto the world by Thy death, deliver me by Thy sacred Body and Blood from all my sins, and keep me from all evil. Make me to abide always in Thy commandments, and suffer me not to be ever separated from Thee, Who livest and reignest with the Father and the Holy Ghost ever one God, world without end. Amen.

AN ACT OF INTERCESSION

O ALMIGHTY GOD, we Thine unworthy servants, do beseech Thee, for the merits of Thy dear Son, and through His blessed Sacrifice, to have mercy upon us. Deal not with us after our sins, but according to Thy great Love and Mercy. Send down Thy Holy Spirit upon us all, through the appointed channels of grace in the Church, for the sanctific-

ation of soul and body—for bringing forth the fruit of good works—for forgiveness of sins—and for life everlasting.

We entreat Thee, O God for Thy Holy Catholic Church : furnish her plentifully with the rich gifts of the Holy Spirit, keep her in the way of truth, give her that unity which is agreeable to Thy will and grant her grace to serve Thee in the beauty of holiness.

Remember, O Lord, the Bishops of Thy Church (especially Thy servant our Bishop). Endow them with wisdom, and fill them with the Holy Ghost, that they may rightly divide and uprightly walk in the word of Truth.

Remember, Lord, all the Priests and Deacons who serve at Thy Holy Altar, especially....., and make them faithful ministers of Thy Word and Sacraments.

Remember, O Lord, all who bring forth fruit, and do good works in Thy Holy Church, all missionaries, all who are mindful of the poor and the sick, all widows and orphans, all those in poverty and distress, and all who desire to be remembered in our prayers, especially.....

And we commend unto Thee all sick persons, especially..... Grant unto the sick, if it be Thy will, restoration to health, and give pardon and peace to the souls of the dying.

Remember, we beseech Thee, O Lord all those who sin against Thee or neglect to serve Thee, especially..... Vouchsafe to bestow upon them true repentance and an earnest longing for Thy Service.

Remember also, we beseech Thee, Thy servants who have gone before us with the seal of the Faith, and now rest in the sleep of peace, especially..... Grant unto them, O Lord, eternal rest, and let perpetual light shine upon them.

And grant that we may all find mercy and favour with all Thy saints who from the beginning of the world have pleased Thee in their several generations—Patriarchs, Prophets, Apostles, Martyrs, and every just spirit made perfect in the faith of Thy Christ, from righteous Abel unto this day. May we with them rest in the regions of the living, where sorrow and sighing are banished away, where the Light of Thy Countenance shineth continually: and vouchsafe to bring us to the full enjoyment of Thy Heavenly Kingdom. And dispose the end of our

lives, O Lord, in peace, that they may be Christian, well pleasing to Thee, and free from sin ; that so, with that innumerable company before Thy Throne, we may sing praises for evermore. And this we pray through Jesus Christ, our Blessed Lord and Saviour. Amen.

If there be time, employ yourself in reading Psalms 23, 24, 43, or 116, or Hymns A & M., 309, 311, 312, 322, or 412 (Litany of the Blessed Sacrament.)

At the conclusion of the Service say,

“ O praise God in His holiness”, etc.—Ps 150.

AT THE GLORIA IN EXCELSIS

MAKE this a real Act of worship to Him Who still present.

AT THE BENEDICTION

RECEIVE the word of peace as coming directly from Jesus. Go back to life's duties with fresh resolves and a firmer faith. Though all else in the

world change and pass, "Jesus Christ is the same yesterday, to-day and for ever."

In this Sacrament, He ever waits your love and worship, and here you may always seek and find Him. Here indeed your life may be hid with Christ in God.

AT THE ABLUTIONS

(From the Liturgy of St. Basil)

THE mystery of Thy Dispensation, O Christ our God,

Hath been accomplished as far as in us lies.

We have seen the memory of Thy Death.

We have seen the type of Thy Resurrection.

We have been filled with Thine endless Life.

We have enjoyed Thy Heavenly Delights,

Which graciously vouchsafe to us all in the world to come.

Through the grace of God the Father,

And of Thy Holy, Good and Life-giving Spirit,

Let us depart in peace. Amen.

Here it is the custom for the Celebrant to read privately St. John I 1--14. You will find the passage in the Gospel for Christmas Day.

Before leaving the Church say:

I give Thee most hearty thanks, O my God, that Thou of Thy love didst send Thy Son into the world for our Salvation, and that Thou dost give us His Body and Blood, both as a Sacrifice and a Feast, in these holy Mysteries at which Thou hast permitted me to assist this day. May Heaven and Earth praise and bless Thee for ever for all Thy mercies.

Pardon me, dear Lord, for all my wandering thoughts and lack of devotion, and let me not depart without Thy Benediction. Behold, I desire from this moment to give myself and all that belongs to me into Thy hands ; and I beg that all my undertakings, all my thoughts, words and actions may henceforward tend to Thy glory.

As the face of Moses shone, after he had talked with Thee, so may my life reflect upon others the light of the Presence into which I have been admitted, through the same Jesus Christ our Lord.

Amen.

For one moment, lift up your eyes to the glorious vision of that which shall be hereafter, within the walls and battlements of the City of God, in the land where Jesus shall be seen face to face, and His servants shall serve Him.

“And He showed me a pure river of water of life, clear as crystal, proceeding out of the throne of God and of the Lamb.

“In the midst of the street of it, and on either side of the river, was there the tree of life which bare twelve manner of fruits, and yielded her fruit every month and the leaves of the tree were for the healing of the nations.

“And there shall be no more curse; but the throne of God and of the Lamb shall be in it; and his servants shall serve Him :

“And they shall see his face; and his name shall be in their foreheads.

“And there shall be no night there; and they need no candle, neither light of the sun : for the Lord God giveth them light : and they shall reign for ever and ever.

May Thy Glory alone, O God, be the end of all that I say.

Let it shine in every deed, let it kindle the prayers that I pray,

Let it burn in my innermost soul till the shadow of self pass away,

And the light of Thy glory, O God, be unveiled in the dawning of day.

A MEDITATION WHICH MAY BE USED WHILE OTHERS ARE COMMUNICATING.

O LORD Jesus Christ, my Lord and my God, Thou art here present. I cannot see Thee, but I believe Thy Word. The thought is wonderful to me, that I, a sinner, should be admitted to Thy Presence. Like the poor penitent of old, I offer Thee my sorrow and my resolutions of amendment. O Lord, there is so much in my life to keep me from Thee. I have such strong temptations. So many times when I have given Thee my heart, I have gone back to my life, and some old sin has caused me to fall. Then it seemed as if there was no use in trying to do better. It was only the thought of Thee in

Thy love condescending to the lowest sinners, that brought me once again to Thy feet.

And oftentimes the world, and mere carelessness of thought, have turned my affections from Thee. O hear me and forgive me now. Though so cold and fruitless is my life, I desire to be Thine alone. As I bow before Thine Altar, a glorious vision of Thy Face and Form, rises before me. I see Thee as Thou usest to appear, when Thou didst tread the streets of Jerusalem or the sweet shores of the Lake of Galilee.

I see Thee cleansing the lepers, taking the little children into Thine arms, forgiving the paralytic man his sins, calling Lazarus from the tomb. O tender Saviour, "Thy touch has still its ancient power", and Thou art really present here. Heal and cleanse my helpless soul. Take my hand in Thine and lead me day by day until I come to Thee.

O Lord, I desire to pray for all who need my prayers. I pray for Thy Holy Church. May she be kept pure and faithful. Bless all her Clergy and people. Bring more to understand the glorious truth of Thy Presence in this Sacrament and forgive those who "discern Thee not."

Bless, too, all my loved ones, the members of my family, and all my relatives and friends.

Especially, at this time, O my Saviour, would I remember before Thee those dear ones whom thou hast called to be with Thee in Paradise..... I know not their needs, but Thou dost. Bless them according to their needs.

O Jesus, in this wonderful Sacrament, I am brought very close to them, for Thou art here, and they, even now, behold Thy Face in Paradise. Make me to share in their prayers, even as they share in mine. May I always be ready for the call which must one day come to me.

And now, O Lord, I go back to the world. Grant that no earthly love may dim my love for Thee. Make me regular and devout in my communions. Grant, too, that I may ever feel and know Thee to be my best and truest Friend. Though in the world I shall have tribulation, grant that in Thee I may have peace. Amen.

Cast thy care on JESUS,
Make Him now thy friend,
Tell Him all thy troubles,
Trust Him to the end :

He is Man and Brother,
He is Lord and God,
And the way of sorrows
Is the path He trod.

Cast thy care on JESUS,
Nothing is too small
For His vast compassion,
He can feel for all ;
In the gloom and darkness
Clasp His living hand,
He will guide and cheer thee
Through the desert land.

Cast thy care on JESUS,
Tell Him all thy sin,
All thy fierce temptations
And the wrong within ;
He Himself was tempted,
And He pleads above
For the soul that asketh
Pardon through His love.

Cast thy care on JESUS,
What is death to those
Who in deep submission
On His love repose ;
But a short step further,
Nearer to His side,
Where their eyes shall see Him
And be satisfied.

For one who has received the Blessed Sacrament :

I have Thee now, O JESU,
Enshrined within my soul,
In all Thy love and fulness,
With power to make me whole ;
Though cold and so unworthy,
Though weak and stained with sin,
I opened to Thee, JESU,
And Thou hast entered in.

I have Thee now, O JESU,
And oh, the thrill divine,
To feel that Thou art in me,
To know that Thou art mine ;
I have Thee, too, O JESU,
As pledge of future bliss,
But faith is lost in wonder
At rapture more than this.

I have Thee now, O JESU,
Purge all my dross away,
Light up my inmost being
With Thy full flood of day ;
Do Thou, O Lord, shine through me
In all my words and ways,
Till others catch Thy glory
And join in endless praise.

I have Thee now, O JESU,
Oh, nevermore depart,
Grant that no fresh offences
May drive Thee from my heart ;

Till down the long, dark valley,
The path which Thou hast trod,
There dawns in cloudless splendour
The vision of my God.

To the Greater Glory of God.
